WORKSHOP

BEYOND BASIC TRAINING

Easing the Stress of Moving

RELOCATION ASSISTANCE PROGRAM

Moving Made Easy

Welcome

- Introductions
- Nature
- Expectations
- Agenda
- Timing

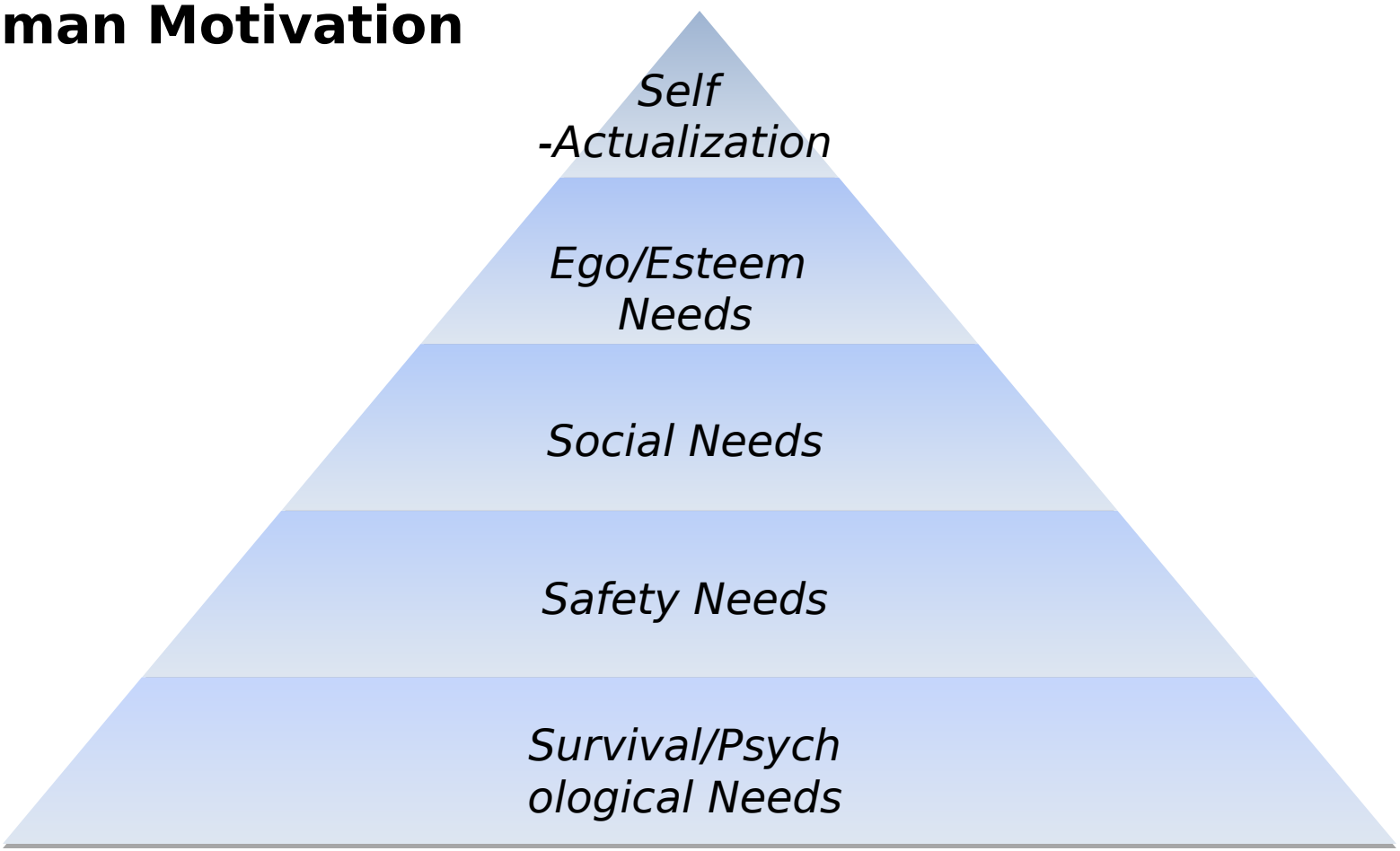
Objectives

Understand and practice the skills necessary for independent living and moving in military:

- Human motivation
- Self-esteem
- Values and beliefs
- Goal setting
- Decision making
- Effective communication

Maslow's Hierarchy

Human Motivation



Survival/Psychological Needs

- Air
- Water
- Food
- Sleep

Safety Needs

- Living in a safe area
- Medical insurance
- Job security
- Financial reserves

Social Needs

- Friendship
- Belonging to a group
- Giving and receiving love

Ego/Esteem Needs

- Recognition
- Attention
- Social status
- Accomplishment
- Self-respect

Self-actualization

- Truth
- Justice
- Wisdom
- Meaning

Self-esteem

- Define
- Impact of low self-esteem
  - On adults
  - On children

Self-esteem (Cont.)

- Techniques for maintaining healthy self-esteem
- Characteristics of people with high self-esteem

Values

- Define
- Examples of values
- Seven valuing criteria

Goal Setting

- Characteristics of goals
  - Specific
  - Time limits
  - Reasonable and manageable
  - Positive
- Goal setting tips
- Why is goal setting important?

Decision Making

- Define
- Weighing options
  - Information
  - Social pressure
  - Situation

Kinds of Decisions

- Whether
- Which
- Contingent

Components of Decision Making

- Environment
- Quantity
- Streams

Military OneSource

Support

PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

Take charge of your PCS move. **Plan My Move** provides you with access to information about your entitlements and benefits, to points of contact, checklists, planning tools, and information on education and employment. Plan My Move will put you and your family in charge of a smooth relocation to your new duty assignment. Fill in the following information about your move, click "Get Moving" and we will get started. *If your new assignment cannot be found, select a nearby installation.*

Plan My Move gives you the option of storing the entries below plus it allows for creating a custom plan and calendar designed just for you and your family. Begin customization by creating an account. With a custom plan, you don't have to reenter your information each time you return. You just sign-in and get to work!

Where are you currently stationed?

Enter Installation Name or Location above or

click here for the installation lookup screen.

Where are you being reassigned?

Enter Installation Name or Location above or

click here for the installation lookup screen.

When do you plan to depart? 27-AUG-2013

DD-MON-YYYY (e.g. 01-JAN-2000)

Is this your first move?
(Designed for service and family members moving from advanced training.) ○ YES ◉ NO

Do you have a family member with special needs? ○ YES ◉ NO

Get Moving

Sign In to Customize Your Move.

Email Address

Password

Sign In »

Forgot Password?

New User? Sign Up now >>

Read this important information first »

[Select a Topic]

Departure: 01-APR-2014 Calendar: CONUS - CONUS

Travel Checklist | Arrival Checklist | Documents to Hand-carry | Important Telephone Numbers | Print Your To Do List | Print Calendar

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02	03	04
05	06	07	08 Tell Family About Move -- Discuss With All; Contact Relocation Manager	09 Plan Relocation Budget; Research New Location	10 Contact the Origin Transportation Office; Create a Moving Book	11
12	13 Contact Destination Housing Office	14 Planning Day/Hold Family Meeting -- Find Single and Family Checklists	15 Inventory Personal Property; Request a Sponsor	16 Research Schools; Evaluate Government Housing Options	17 Research Travel; POV Decisions	18
19	20 Notify Housing Office; Notify Landlord; Begin Homesale Process	21 Planning Day/Hold Family Meeting -- Investigate Moving with Children	22 Home Buyers Begin Housing Search; Renters Begin Housing Search	23 Track Moving Expenses; Prepare Home for Sale	24 Update Budget; Decide What to do with House Plants	25
26	27 Consider Planning a Househunting Trip	28 Planning Day/Organize Travel Records Kit	29 Begin Repairs & Cleaning for Moving	30 Begin Job Search	31 Arrange Temporary Lodging at Departure	01

February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01

Military INSTALLATIONS

Your official DoD source for installation and state resources available to active duty, guard and reserve service and family members.

Installations • View articles, photos, major unit listings and contacts for programs and services worldwide. If you can't find an international location, try visiting the Department of State country information.

States • View articles and local, state and national resource directories

Get started!

Looking for particular installation or state?

Enter an installation [View a directory of installations]

GO »

Or, enter a state

GO »

Looking for specific program or service?

Select a program or service

ALL

Then, enter an installation [View a directory of installations]

Or, enter your postal code

Within 10 miles

GO »

Are you a service provider looking for a program or service across all installations? Simply select the program or service and then choose any installation or enter any zip code. A downloadable directory for all installations will be available on the results page.

Can't find what you are looking for? Support »

Moving to a new assignment?

Take control of your move. Use our customizable calendar tool to create a unique personal moving plan. The calendar contains to do lists, checklists, phone lists, and links to critical moving information from budget planners to choosing a school.

To begin, select your departure date, departure and destination locations and get moving now!

Plan My Move

Are you a sponsor?

Have you been assigned official sponsorship duties? Log on to the CAC enabled eSponsorship Application Training (eSAT) to get started »

Don't have a CAC card, but are interested in learning about how to become a sponsor? Learn more about the process »

Follow Military OneSource:

PHASES OF MILITARY LIFE | BRANCH OF SERVICE | THOSE WHO SUPPORT | LOG IN

Military OneSource

Call. Click. Connect.

What are you looking for?

800-342-9647

Counseling Options | Military Life Topics | Monthly Focus | Social Media Hub

Need Help? Feedback Products

An Overview of Moving with an Individualized Education Program

Learn about what to expect when moving with an IEP.

Learn more

MOST POPULAR on Military OneSource

Shared | Read | Watched/Listened

1. "Space-A" Travel on Military Flights
2. Electronic Sponsorship Application and Training
3. Spouse Education and Career Opportunities Overview
4. Using Military Lodging Facilities for Leisure Travel
5. The Last Move: Tips for Making Your Final Your Best Move

BLOG BRIGADE

Bark It Out: Choosing the Perfect Pet

by Melissa on Mon, 26 Aug 2013

I grew up thinking that the word "pet" meant dog, cat or a combination thereof. To me, "exotic" pet owners were those with a tank full of something other than goldfish or a cage with a furry little creature such as a rabbit or hamster. Yes, I had a sheltered life. Imagine my shock when ... [read more]

Military OneSource TWEETS

"First Day of School Photo Contest! Check out our Facebook and Pinterest contest: http://t.co/ZLoApddYNx #milfam #milkids"

"#BlogBrigade: Bark It Out: Choosing the Perfect Pet http://t.co/dd7IyGVqa6 #milspouse #milkids #milfam"

"Having a new baby in the house is a pleasure & a challenge for most parents. The New Parent Program can help: http://t.co/8odjLCoff4 #milfam"

"Keeping your relationships healthy & strong is

ePUBLICATIONS

INSTALLATION LOCATOR

Quickly look up information on your installation.

Communication Techniques

- Communicate feelings
- Accepting feelings
- Communicate clearly
- Being assertive
- Removing barriers

Summary and Wrap up

- Review expectations
- Follow up – due outs
- Review resources
  - Websites
  - Handouts
- Evaluations